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THE MAGIC OF PHYSICS

Malorie Mackey
Actress, author and adventurer

Malorie Mackey is an actress, host, and writer living in Los Angeles, CA. Malorie's first book was published in 2017 and her short story "What Love Has Taught Me" has been published in the anthology "Choices." You can find Malorie's travel content on dozens of digital media platforms. Check out www.maloriesadventures.com for more. Malorie's adventures don't just encompass physical adventures. She has been a student of intuition since she was a teenager, studying at Edgar Cayce's A.R.E. In 2019, Malorie discovered the Monroe Institute while filming her travel show. Since then, she has been studying the art and science of consciousness through many different programs and life experiences.

Energy cannot be created nor destroyed, but it can be changed, right?

I, Malorie, exist as my whole self—physical body and higher self. But, perhaps, after this life I will never exist as Malorie again. Maybe my energies will bond with aspects of the energy of others to create a whole new person in the next life. Perhaps we collect aspects and move and disperse fluidly through different energies as we grow and evolve through this life and others. And, just maybe, we go back and forth, combining and separating energies to create a new person each time we live again. Can this be the only time we will exist as this higher self—this soul? Our physical bodies change each time, so who's to say that our nonphysical bodies will not?

An excerpt from my meditation journal:

Throughout history, whenever we can't explain something by the natural laws we know and understand, we dismiss it as magic, evil, or another negative label. Back in the day, many advanced forms of technology were, in fact, considered magic until people became used to the ideas of what they were and could easily explain how they worked. Think about the joke you see consistently on television. Someone gets brought from the past into our current timeline, and they are aghast by our modern technology. They exclaim that it is "witchcraft" or "magic"! This makes sense to me. After all, as human beings, if we can't physically measure something, we have a hard time accepting it.

Our preconceived notions keep us from growing. When something is considered "science," we tend to validate the idea, as we instantly assume it has been researched enough and is measurable enough to be validated. When we think of the metaphysical world of our perceptions and intuition, we immediately become hesitant, as it's a vague

topic that is known to be mostly immeasurable by current scientific means.

But, perhaps, if we stopped to make a clear analogy it could help. Think of our physical world vs the astral world like the real physical world and the internet. The astral world, just like the internet, exists although we can't clearly see and measure it. We still gather information through invisible means, but that doesn't mean the information we are getting from this metaphysical "internet" isn't real.

Many new theories in the world of physics are currently immeasurable and, well, theories—time travel, string theory, and many properties of quantum physics. Because they are "scientific theories", unlike the metaphysical, they are taken more seriously.

Yet, what I find especially interesting as I delve into much higher levels of consciousness during my metaphysical adventures is how often physics comes into play. Meditation and physics are two subjects that most of the world do not associate with each other. Yet, somehow, when I move deeper into these studies, especially when visiting Focus levels such as Focus 27, the concept behind physics always seems to make an appearance.

For instance, kinetic energy is a huge element when we study manifestation and how our motivations and our personal energy can affect the physical objects around us. Another example is what I like to call the "realm of possibilities." You may know this from quantum mechanics studies as the increasingly popular theory called the "many worlds interpretation." This is the idea that every choice you make creates a new split, a new world, a new universe, a new you.

In my mind, this "many worlds interpretation" matches the idea of manifestation pretty closely. Think about it, we have kinetic energy inside ourselves that we are always directing into both the physical and nonphysical worlds. By directing our energy into certain possibilities, couldn't we make the outcome we desire more likely? Perhaps there are infinite possibilities around us, and the more we direct our energy at one, the more likely it becomes that the outcome will happen. In turn, we shape our outcomes and mold our futures.

Now, while I am not at all a physicist, I'd like to share with you an experience I had in Monroe's Exploration 27 program that presented this topic to me while I was deep in meditation.

As I went up to Focus 27, I asked to see secrets of the universe; I wanted to understand more of the laws of the universe. A guide appeared and showed me all of existence

from our spot way above it all. We looked down and saw the energy of possibilities down below us. There was a red line or string representing each and every life form growing and moving (like those lights in those old video games), moving around through the energy of possibilities. Why are there so many of us?

The guide said to me, "If possibilities are actually limitless, can we bring what we desire to ourselves? All outcomes are real in one form or another just by being a possibility. The "fate" possibilities are endless, always shifting and moving to create new realities with each choice, second, and breath. Who's to say that they weren't real two seconds before, then they weren't when we shifted perspectives. Anything is possible because we think it so; with each decision everything can instantly change forever."

With this, he tapped my third eye and said, "With research and study you will learn more. I merely opened the gateway for you." I asked, "Are you Real?" He Replied, "Because you think I am, yes. Now is the time to start questioning everything. Just because something isn't physically tangible doesn't mean it's not real."

While I am still working on studying the physics behind the metaphysics, if you will, this meditation opened up my mind to possibilities that I had never thought existed. And I'm currently enjoying the journey it is taking me on.